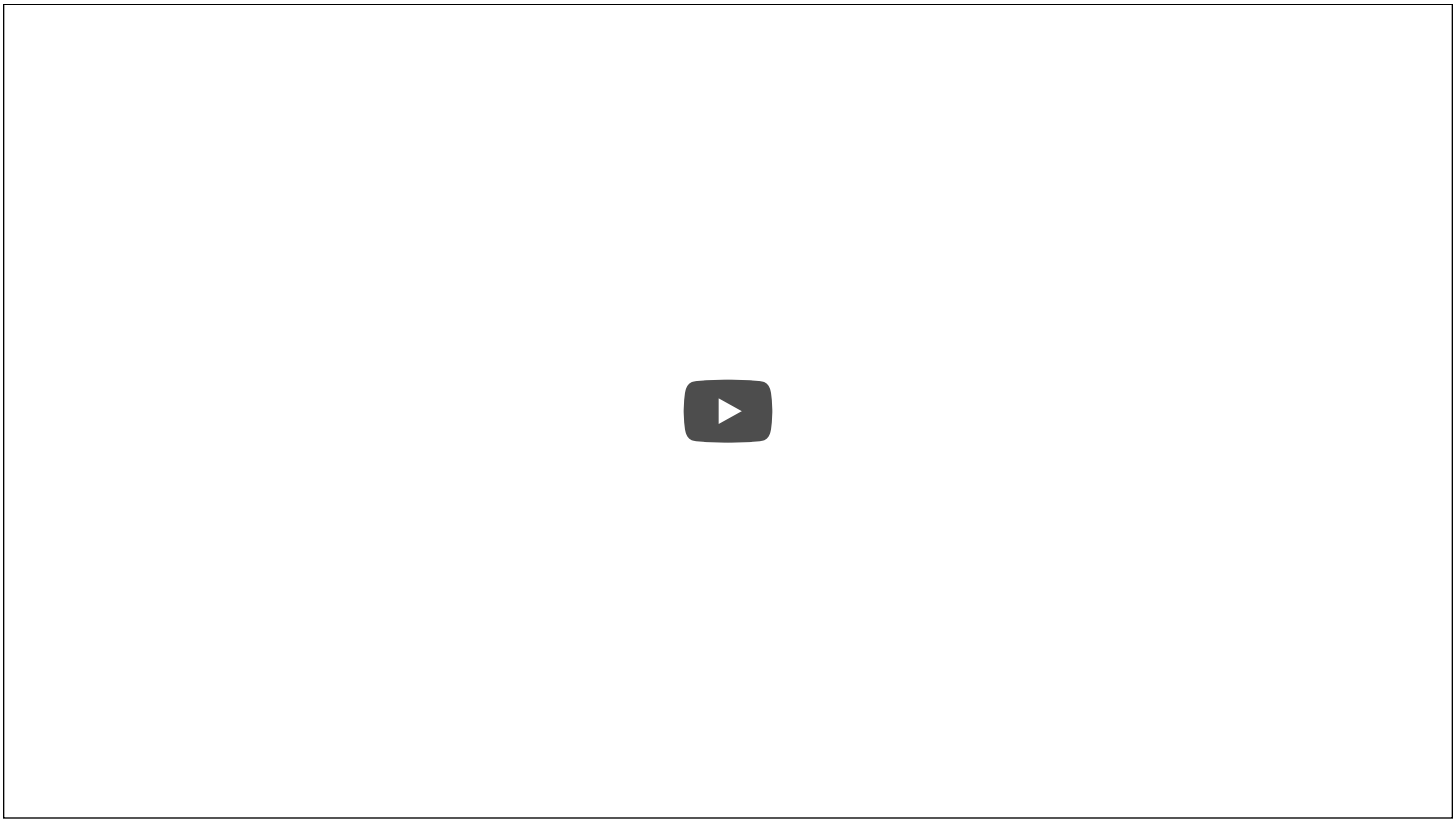

This Native Supercrop Is WAY Better Than Corn And No One Grows It Anymore!

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This Native Supercrop Is WAY Better Than Corn And No One Grows It Anymore!

History says corn ruled the Americas. Wrong. Another plant outperformed it in every way—protein, minerals, survival. Ancient tribes grew it everywhere. Colonizers tried to erase it forever. But could it come back? Don't miss the last reveal.

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This video explores the history of amaranth, a Native American supercrop superior to corn in nutrition and resilience. Ancient civilizations thrive... Summary

Transcript

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radu roncea

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@NATIVESWISDOM 10 days ago

Did you know about this crop before? let us know in the comments below..

34 Reply

28 replies

@ashwinipingle8832 4 days ago

We indians are eating this regularly. It is very much a part of our culture and not vanished

44 Reply

8 replies

19 Reply

• 3 replies

H

@heidimisfeldt5685 6 days ago (edited)

I knew what pllant fills the bill, and most people just think it's beutiful decoration for their garden. AMARANTH.
If you know, you know. The green leafes are food, and must be cooked, so are the tiny grains.

41 Reply

• 3 replies

@annahappy8399 6 days ago

Yes, I learned the leaf is extremely high in nutrients. Where I live southwest USA. We have wild amaranth and it is called wild spinach along with lamb quarters, and a part of the Spanish Indian culture. I also learned more about the seeds and cultivation resiliency. Motivated to grow and eat.

44 Reply

• 1 reply

`grim7898 5 days ago

Hog weed grew on my grandfather's farm sixty years ago. We tried to keep it out of the garden. I never knew people could eat it.

13 Reply

• 2 replies

@AhJodie 4 days ago

Farmers in the USA spend millions to get rid of pigweed and other 'weeds' poisoning the land and water while growing corn! Learn, thrive!

17 Reply

• 2 replies

@ironcauldron_tarot 8 days ago (edited)

What was it?? Too long to get to the point.
It was amaranth.

183 Reply

25 replies

@J.D.Ruybal 6 days ago

This is my second year growing Yacón. The first year the yield was small but not bad. This year the plants are much larger: If plant size is any indication the yield this year should be good.

34 Reply

• 2 replies

@michaelquinn5824 6 days ago

Thank you. Incredible. God bless everyone on earth who worships the Creator of All Things.

16 Reply

• 2 replies

@stephanygates6491 6 days ago (edited)

6:40 Lysine is the muscle growth trigger of amino acids. Correction: Leucine, not lysine triggers MTOR. Sorry for the confusion.

26 Reply

• 1 reply

@WilleyGHD3 2 days ago

The issue is "Profits!!!! Monsanto and their Glyphosates (Roundup pesticide) have 'removed' 20 other vegetables from our Supermarkets becuase they don't NEED Pesticides to grow healthy. This is probably one of those...

9 Reply